

Supply Lists for Short-Term and Long-Term Use

It is a good idea to be prepared whether the emergency lasts for 3 days or for 3 weeks. The following list includes basic supplies to keep for a short-term kit for 3 days and is portable if you are asked to leave your residence. The same list can be used to determine what to keep on hand in larger quantities in case you are in your home for weeks without gas, electricity or water. Every family is different so needs can vary.

Food

- Store non-perishable food
- Select foods that require no refrigeration, preparation or cooking and little or no water
- Pack a manual can opener and eating utensils
- Avoid salty foods, that will make you thirsty
- Choose foods your family will eat:
 - Ready-to-eat canned meats, fruits and vegetables
 - Protein or fruit bars
 - Dry cereal
 - Peanut butter
 - Dried fruit
 - Nuts
 - Crackers
 - Canned juices
 - High energy foods
 - Vitamins
 - Comfort/stress foods (hard candy, cookies, coffee, tea)

Water

- Store one gallon of water per person per day, for drinking and sanitation.
- Store water tightly in clean plastic containers such as soft drink bottles

Preparedness for People with Disabilities



Emergencies can present a special challenge to everyone. The challenge of protecting oneself requires planning and oftentimes, assistance from others. This holds true for people with disabilities as well. The key to coping with potential emergencies or disasters is to plan for them. Here are some special precautions for people with disabilities to consider.

For all Disabilities

- Wear a medical alert bracelet or necklace.
- Keep a list of the type and model numbers of medical devices you require.
- Create a support network to help you in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support group a key to your house or apartment.
- Keep a list of doctors, relatives or friends who should be notified if you are hurt.

For People with Impaired Mobility

- Make sure you can evacuate your home, if necessary.
- Let your neighbors know you may have trouble getting out.
- Make evacuation easier by clearing a path, finding alternative routes, or securing objects now such as heavy bookcases that may fall and block your path.
- Practice protecting yourself from falling objects by locking the wheels of your wheelchair and covering your head with your arms.
- Store back-up equipment, such as a manual wheelchair, at a neighbor's home, school or workplace.
- Show others how to work your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible in case it has to be transported.
- Have extra wheelchair batteries on hand.

For People who are Deaf or have Impaired Hearing

- Inform neighbors, co-workers and others because some people may not be able to hear evacuation warnings and instructions.
- Ask a neighbor to be your source of emergency information as it comes over the radio or television.
- Store extra hearing aid batteries at home and at work.
- Keep a pencil and paper next to your bed.

For People who are Blind or Have Impaired Vision

- Be prepared with a cane or a seeing-eye dog because wherever you go after a disaster, physical things may be changed due to an earthquake or storm. Make sure you keep extra food available for service animals.
- Know alternate escape routes at your home and work in case your usual route is blocked.
- Talk with neighbors now so they can assist you during and after any disaster.
- Check out www.disabilityinfo.gov or www.ready.gov for more suggestions and resources available.